

**ALFRED UNIVERSITY
DIVISION OF HEALTH AND HUMAN PERFORMANCE
ATHLETIC TRAINING PROGRAM**

OSHA Policy

A. Background information

The Bloodborne Pathogens Standard applies to athletic training students, faculty and or staff members who have occupational and or educational exposure with blood or other potentially infectious materials. Exposure means reasonable anticipated skin, eye, mucous membrane, or parenteral contact with blood or other potentially infectious materials that may result from the performance of one's duties.

Bloodborne pathogen means pathogenic microorganisms that are present in human blood and can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV).

Other potentially infectious materials mean the following human body fluids: semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pleural fluid, pericardial fluid, peritoneal fluid, amniotic fluid, saliva in dental procedures, all body fluid that is visibly contaminated with blood, and all body fluids in situations where it is difficult or impossible to differentiate between body fluids.

B. Specific Guidelines

1. Wear latex gloves whenever touching open skin, blood, body fluids, or mucous membranes. Change gloves after contact with each athlete.
2. Wash your hands with soap and water immediately after exposure to blood or body fluids even if you used gloves. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them
3. Any surface (counter, table, wrestling mat, etc.) Must be thoroughly washed after blood has come in contact with it. Use a household bleach solution of 1 part bleach to 10 parts water or a solution of Iso-Quin or Betadine as a cleaner.
4. Place all sharps (scalpel blades, hypodermic needles, etc.) Into a red sharps container, specifically designed for the disposal of such implements.
5. Place all medical waste (contaminated gauze, latex gloves, used band-aids, etc.) In a labeled bio-hazardous waste container. These are located in the training room
6. When you are working an outdoor sport and have medical waste to dispose of, place it in a plastic bag (carry some extra ice bags for this in your kit) and then discard it into the proper bio-hazardous waste container upon your return to the training room.
7. Do not allow athletes to share towels contaminated with blood or with bodily fluids.
8. Discard towels and clothing contaminated with blood or bloody body fluids into a receptacle for that purpose. Do not put them in with the regular soiled towels.

9. Be sure all athlete's wounds are well-covered before practice or competitions.
10. If you have an open wound, especially on the hands, avoid providing first aid care of injuries involving bleeding and body fluids until your wound has healed. If you must do so, wear gloves.
11. Remember that the risk of infection for an athletic trainer who uses these precautions is close to zero.
12. If a student is exposed to blood or other body fluids through a needle stick, cut, splash to the eyes or mouth or has a cutaneous exposure involving large amounts of blood or prolonged contact with blood the following actions are to be taken:
 - a. The student immediately informs the clinical preceptor/clinical instructor
 - b. The faculty member informs the pertinent agency staff, program chair or director and the Associate Dean.
 - c. The student is medically evaluated within 48 hours by a physician in the facility or within a designated agency if the evaluation cannot be done within the original clinical facility, by a physician of the student's choice, or through University Health Services.
 - d. An incident report is filed with the facility, if required.
 - e. An Alfred University incident report is completed and sent to the Associate Dean by the appropriate department.
 - f. Centers for the Disease Control Guidelines for Prevention of Transmission of Human Immunodeficiency Virus and Hepatitis B Virus should be followed.

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OSHA and Communicable Disease Policy Student Acknowledgement

I have obtained the necessary material regarding the Alfred University athletic training program's communicable disease and OSHA policies. I have been provided the opportunity to inquire about the information within each policy and given the chance to ask and have any and all questions explained or answered by athletic training faculty or staff members. I agree to abide by both policies.

Signature of Athletic Training Student: _____

Print Name of Athletic Training Student: _____